

Impact of Yogic Exercise on Cardiovascular Function on Selected College Students of High Altitude

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Abstract : The purpose of the study was to assess the impact of yogic exercise on cardiovascular exercises on selected college students of high altitude. The research was conducted on college students of high altitude in Shimla for their cardiovascular function [Blood Pressure (BP), VO2 Max (TLC) and Pulse Rate (PR)] in respect to yogic exercise. Total 139 students were randomly selected from Himachal University colleges in Shimla. The study was conducted in three phases. The subjects were identified in the first phase of research program then further in next phase they were physiologically tested, and yogic exercise battery was operated in different time frame. The entire subjects were treated with three months yogic exercise. The entire lot of students were again evaluated physiologically [(Cardiovascular measurement: Blood Pressure (BP), VO2 Max (TLC) and Pulse Rate (PR)] with standard equipments. The statistical analyses of the variance (PR, BP (SBP & DBP) and TLC) were done. The result reveals that there was a significant difference in TLC; whereas there was no significant difference in PR. For BP statistical analysis suggests no significant difference were formed. Result showed that the BP of the participants were more inclined towards normal standard BP i.e. 120-80 mmHg.

Keywords : cardiovascular function, college students, high altitude, yogic exercise

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